

POST-HOLIDAY DETOX – APPLE, PARSLEY & CUCUMBER JUICE

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(Makes about 12 ounces)

Although the holidays are a joyous time to be around friends and loved ones, it is also filled with heavy foods that pack on extra, unwanted pounds. Try this simple juice detox to help you get back to your healthy and happy self.

Ingredients:

- **1 green apple, sliced**
(Apple is cleansing for the liver and the pectin in apple absorbs intestinal toxins, while aiding in elimination.)
- **2 tablespoons loosely chopped parsley**
(Parsley is high in alkaline, a great blood cleanser and beneficial for kidney and liver health.)
- **1 large cucumber, sliced**
(Cucumber helps cleanse sugars from the body and helps dissolve kidney stones.)

Directions:

- Slice cucumbers and apples to fit inside juicer or blender. If using juicer, use either apple or cucumber slice to push parsley in.
- Drink immediately for best results. If storing in refrigerator, use a dark colored glass container.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.